

SFS Winter Clothing Guide

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Base Layer

Synthetic material is better than cotton to wick away moisture and keep body warmth in

2

Mid/Fleece Layer

A layer of fleece adds warmth without too much bulk

- This layer will keep us toasty warm all day!

3

Winter Layer

A winter coat and outer pants layer adds extra insulation for the colder months

4

Waterproof Layer

The outermost layer must be waterproof to shield from rain and moisture on the ground (This is especially important for wet, cold winters in Kentucky)

Hands

A **waterproof outer mitten** keeps hands both warm AND dry

- Try adding a pair of fabric gloves underneath for warmth

Rain mittens and zippered snow mittens make great choices and are easy to get on/off

Elastic or velcro around wrists keeps mittens from falling off



Polarn O. Pyret and Reima both make great rubbery rain mittens!

Feet

Winter boots should be **waterproof and warm** (insulated rain or snow boots are perfect)

Wool fabrics are best for winter socks since they are warm and don't trap moisture to the feet (which can make us feel colder)

- Wool socks can even be worn multiple times between washes



Tips & Tricks

- Choose **pull-on clothing** for quicker and easier bathroom breaks
- Send a **thermos** full of a warm drink (hot chocolate, cider, tea) to increase internal body temperature
- **Send Extras!** It never hurts to have an extra pair of socks or mittens in our backpacks

Our Favorite brands: Oaki, Polarn O. Pyret, Cuddl Duds, Bogs, Columbia